





<div>  Stayton Family Memorial Pool Schedule NOVEMBER 14-2011 - SPRING 2012  </div>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim Water Movement 5:30-6:00	Lap Swim Water Movement 5:30-6:00	Lap Swim Water Movement 5:30-6:00	Lap Swim Water Movement 5:30-6:00	Lap Swim Water Movement 5:30-6:00	Rental 8:00-11:55 	Rental 8:00-11:55 
Lap Swim 6:00-7:00	Lap Swim Build-N-Burn 6:00-6:55	Lap Swim 6:00-7:00	Lap Swim Build-N-Burn 6:00-6:55	Lap Swim Build-N-Burn 6:00-6:55		
Lap Swim/Water Movement 7:00-7:55	Lap Swim 7:00-7:55	Lap Swim/Water Movement 7:00-7:55	Lap Swim 7:00-7:55	Lap Swim/Water Movement 7:00-7:55		
Core Conditioning 8:00-8:55	Joint Efforts 8:00-8:55	Core Conditioning 8:00-8:55	Joint Efforts 8:00-8:55	Core Conditioning 8:00-8:55		
High Intensity Build-N-Burn 9:00-9:55	Medium Intensity Build-N-Burn 9:00-9:55	High Intensity Build-N-Burn 9:00-9:55	Medium Intensity Build-N-Burn 9:00-9:55	High Intensity Build-N-Burn 9:00-9:55		
Joint Efforts/Deep Muscles & More 10:00-10:55	Power Hr + High Intensity Deep Water 10:00-10:55	Joint Efforts/Deep Muscles & More 10:00-10:55	Flipped Out Cardio 10:00-10:55	Deep Muscles & More 10:00-10:55		
Flipped Out Cardio 11:00-11:55	Tri-Training 11:00-11:55	Flipped Out Cardio 11:00-11:55	Tri-Training 11:00-11:55	Open Swim 11:00-11:55		
Lap Swim 12:00-12:55	Lap Swim 12:00-12:55	Lap Swim 12:00-12:55	Lap Swim 12:00-12:55	Lap Swim 12:00-12:55	Lap Swim Water Movement 12:00-12:55	Lap Swim Water Movement 12:00-12:55
Rental Kiwanis 3rd Grade lessons 1:15-2:15	Rental Kiwanis 3rd Grade lessons 1:15-2:15	Rental Kiwanis 3rd Grade lessons 1:15-2:15	Rental Kiwanis 3rd Grade lessons 1:15-2:15	Rental 1:00-2:00	Open Swim 1:00-2:55	\$1.00 Open Swim 1:00-3:55 (1st Sunday of the Month ONLY!!) Closed 4:00 Rental
Senior/Therapy/Lap Water Movement 2:15-3:10	Senior/Therapy/Lap Water Movement 2:15-3:10	Senior/Therapy/Lap Water Movement 2:15-3:10	Senior/Therapy/Lap Water Movement 2:15-3:10	Senior/Therapy/Lap Water Movement 2:15-3:10		
SHS Swim Team 3:15-4:15	SHS Swim Team 3:15-4:15	SHS Swim Team 3:15-4:15	SHS Swim Team 3:15-4:15	SHS Swim Team 3:15-4:15	Rental 3:00-4:00	
CHS Swim Team 4:15-5:15 Manta Ray 5:15-6:15	CHS Swim Team 4:15-5:15 Open Swim 5:30-6:55	CHS Swim Team 4:15-5:15 Manta Ray 5:15-6:15	CHS Swim Team 4:15-5:15 Open Swim 5:30-6:55	CHS Swim Team 4:15-5:15 Manta Ray 5:15-6:15	Family Swim 4:15-5:15	
Open Swim 6:30-7:55	Deep Muscles YMCA 7:00-7:55	Open Swim 6:30-7:55	Deep Muscles YMCA 7:00-7:55	<u>Open Swim</u> 6:30-7:55 Movie Night 1st & 3rd Friday of the Month	Open Swim 5:30-6:55	
Closed 8:00	Closed 8:00	Closed 8:00	Closed 8:00	2nd & 4th Fridays Closed @ 8:00	Closed 7:00	
Rental/Closed	Rental/Closed	Rental/Closed	Rental/Closed	Rental/Closed	Rental/Closed	

Please vacate the building as quickly as possible @ night

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Stayton Family Memorial Pool
 400 W. Virginia
 Stayton, OR 97383
 503-767-POOL
 Pool Website:
www.staytonoregon.gov

Movie Night 1st &
 3rd Fridays of the Month

